

Wrestling

SEASON REGULATIONS

(Rules in this section are specific for sport involved. Refer to Constitution, Bylaws and Rules of Eligibility for regulations related to age, residence, scholarship, amateur status, etc.)

ALERT: State Law (175.22) prohibits use of cell phones (and other image-recording devices) in locker rooms except in emergency situations.

1. PRESEASON AND OUT-OF-SEASON

- a. Organizational meetings may be conducted outside the season provided no instruction or practice is included and the meeting(s) has been approved by school administration.
- b. For purposes of skinfold measurements ONLY, students may be assembled as early as Monday, October 19 (see details on weight control program in No. 15 of SEASON REGULATIONS.)
- c. Schools must use a certified scale for determining minimum weights and for competition. Beam scales must be certified annually, no earlier than the first day of school in August, or September, and no later than the school's first day of skinfold measurements, which may be October 19, or thereafter. Electronic scales must be recertified every three years.
- d. So long as participation is voluntary and available to all interested students, there shall be no restrictions upon schools, school teams and school coaches (grades 9-12) relative to assembling in the summertime, for up to 5 days which do not need to be consecutive for all WIAA sports sponsored by the school. Unrestricted contact days must conclude no later than July 31.
- e. It is the philosophy of this Association that athletes should not be unreasonably restricted, except during the actual school season of a sport. Subsequently, students may voluntarily assemble at any time without school and/or school coach involvement. With school consent, in the summertime, members of a school's team may voluntarily assemble with their teammates and coaches for purposes of instruction and/or competition for up to 5 days in all WIAA sports sponsored by the school, without restriction. **Note: Whether an opportunity is school sponsored or not, coach contact may not exceed Board of Control approved contact days.**
- f. Other than during the actual school season and those days designated as unrestricted coach contact days in the summertime, the following provisions shall apply to nonschool participation in accordance with the above:
 - (1) An acceptable nonschool program or activity is one which is not limited to students on the basis of a school affiliation, athletic experience, team status, etc. and no school monies or resources can be applied.
 - (2) The person who will be coaching a student in the following school season shall not be permitted to coach that student other than during the designated school season and Board of Control approved coach contact days in the summertime. Board of Control approved summertime contact is as follows:
 - (a) Unrestricted School Coaching Contact - Coaches in all WIAA recognized sports (baseball, cross country, football, golf, gymnastics, softball, swimming & diving, tennis, track & field, volleyball, soccer, basketball, hockey and wrestling) have been afforded up to 5 days of unrestricted school coaching contact between the end of school and July 31, in accordance with the Bylaws and as described in item B of this section. The five days do not need to be consecutive.
 - 1) There must be a minimum of one calendar week (Sun.-Sat.) of no unrestricted school coaching contact prior to (i.e. the week immediately preceding) the first allowed practice in a fall sport. This does not affect unlimited nonschool coaching contact.
 - 2) Football must follow the WIAA Fall Acclimatization policy.
 - (b) Unlimited Nonschool Coaching Contact – Coaches in all sports except football have been afforded unlimited nonschool coaching contact beyond the five unrestricted days that is permitted to continue throughout the summertime (when school is not in session from the last day of school to the start of school) in accordance with the Bylaws and as described in Section 2 – A and C-1) of Rules of Eligibility, Article VI - Nonschool Participation.

Note 1: Coaching contact outside of the five unrestricted days must be non-school sponsored opportunities.

Note 2: Coaches or others may not mandate participation or provide any incentives to athletes for participating in summertime/out-of-season activities/programs. Participation may not be a requirement for making a school team or earning a letter award, etc.

2. LENGTH OF SEASON

The earliest day practice may begin is Monday of Week 21 (November 23). The season ends with the State Team Tournament concluding on Saturday of Week 33 (February 20).

3. MINIMUM DAYS OF PRACTICE

- a. There must be practices on a minimum of ten different days before the first competition may be conducted.
- b. The first seven days of practice may not involve a team from outside the school.
- c. The minimum days of practice prior to the first competition is a team requirement. While it is desirable for each participant to satisfy this requirement, schools will determine when individual athletes may begin competition.
- d. Teams must rest from all physical activity for at least one calendar day after six consecutive days of practice or competition. In the event extreme weather forces a WIAA tournament contest to be cancelled, school administration may request relief.

4. SCRIMMAGES

- a. One scrimmage, over one day, with another school, or schools, may be conducted in addition to the maximum allowed games, meets, or contests, provided all athletes participating meet all WIAA and school eligibility requirements (exceptions: students ineligible due to academic deficiency, code of conduct violations, or those required to miss the next competitive event, due to being ejected from their last competitive event, may participate at the discretion of the school), and:
 - (1) Seven different days of practice have elapsed.
 - (2) There is no loss of academic class time.
 - (3) There is no score in a book, or on a scoreboard.
 - (4) A format other than a normal match format is used.

- b. Each high school team, i.e., varsity, JV, sophomore, freshman, is allowed one scrimmage. An individual student is allowed to participate in only one day of scrimmage activity. Note: An individual student may participate in multiple levels of scrimmages conducted on the same day.
- c. Schools with eight or fewer wrestlers may request a waiver to have the opportunity to scrimmage/practice with another team of eight or fewer, up to two times per week during the regular season.
- d. A scrimmage does not count in a team's win/loss record.
- e. The scrimmage may be held any time during the regular season, or the WIAA tournament series.

Note: If either school counts a scrimmage as a game, it must be counted as a game for both programs, schools or teams.

5. DATE OF FIRST MEET

The first meet may not be held before Friday, December 4.

6. MAXIMUM ALLOWED MEETS

- a. The maximum number of meets is 14. No more than seven of the 14 may be multiple-school meets (involving more than two teams). Except that a school may schedule double duals or triple duals beyond the maximum of seven multiple-school meets, BUT a double dual must replace two of the 14 allowed exposures and a triple dual must replace three of the 14 allowed exposures. Schedules of all teams should be clearly published and separated by level for each team sponsored by a school.
 - Note 1: JV teams may schedule a maximum of 8 multiple school events and may allow inclusion of additional schools in (JV) dual meets in effort to provide competition opportunity for all JV wrestlers.
 - Note 2: Conferences which experience low participation numbers at 2 or more conference member schools may apply to the WIAA to be allowed to modify maximums to include 8 multiple school events and 6 duals. The additional multiple school event must be held within the conference and involve only the same conference member schools.
- b. Conference tournaments must be included in count of regular season maximums.
- c. A female wrestler may participate in "female - only" meets, counting as one of her individual 14 exposures but not counting toward the team total.
- d. No meet may continue more than two days.
- e. No meet may be scheduled (but a meet may be rescheduled if postponed) after any of the schools involved in the rescheduled event has begun WIAA tournament series competition.
- f. The WIAA tournament series is not part of the maximum allowed meets.
- g. Competition involving students not eligible for the school's official interscholastic teams (e.g. Grade 7-8 students) must be conducted at a time other than during the period (start to finish) of a meet.
- h. Except for events held in bordering states (MN, IL, MI and IA), no approval shall be provided for more than one out-of-state competition, event and/or scrimmage per team each school season.

7. INDIVIDUAL PARTICIPATION LIMITATIONS

- a. **A wrestler is not eligible to compete or participate in any pre-meet activity until they have had a minimum weight determined and the school has received a printout from the WIAA office so indicating.**
- b. A student is limited to representing his school one time in a dual meet, including varsity, nonvarsity, exhibitions and forfeits. Exception: A JV wrestler may be allowed to represent their team in a JV dual and exhibition on the same night, subject to 7 d. and 7 g.
- c. No wrestler shall represent his school in more than one weight class in any meet or compete in more than five matches (championship or consolation) in any one day.
- d. A student participating at the nonvarsity level in a dual meet may wrestle a maximum of 15 minutes (not including overtimes) provided:
 - (1) No match is scheduled for longer than five minutes.
 - (2) Results of none of these matches are counted toward varsity records.
- e. A student may not participate in more than 14 meets, and no more than seven of the 14 may be varsity level multiple-school meets (involving total of more than two teams) except, as described in 6. a.
- f. If a wrestler is weighed in it is an official weigh-in for minimum weight gain/loss purposes. However, if a wrestler weighs in but does not compete (or receive a forfeit) the weigh-in alone is not counted against the wrestlers individual competition maximums.
- g. Only students eligible for the school's official interscholastic teams may participate on an exhibition or similar basis.

8. FLAGRANT OR UNSPORTSMANLIKE CONDUCT AND INELIGIBLE ATHLETES

- a. A student, disqualified from a contest for flagrant or unsportsmanlike conduct, is suspended from interscholastic competition for no less than the next competitive event (but not less than one complete game or meet) at the same level of competition as the disqualification.
- b. Athletes who are ineligible during the WIAA Tournament (for any reason) may not appear in uniform, participate in warm-ups, and may not participate in the awards ceremony at the WIAA Tournament. Exception: An injured athlete will be allowed to participate in the awards ceremony provided he/she is included in the roster allotment for that game. During the regular season, schools should establish their own policy as to whether athletes are allowed to be in uniform and participate in pregame and postgame activity, if they are ineligible to compete due to flagrant and/or unsportsmanlike conduct, athletic and/or academic code violations, or for any other reason.
- c. Any player who in the judgment of the official, intentionally spits on, strikes, slaps, kicks, pushes or aggressively physically contacts an official at any time shall be immediately ineligible for competition a minimum of 90 calendar days from the date of the confrontation. In addition, the player is ineligible to compete for the first 25% of the next season in that same sport.
- d. In addition, during the regular season and tournament series, wrestlers who are ineligible (for any reason) may not participate in pre-meet warm-ups or any pre-meet activity, including weigh-ins, during the period of ineligibility. Violation of this provision will result in the deletion of all individual and team points for that weight class and the wrestler will be subject to suspension as outlined in 8.a.

9. PROHIBITION OF PRACTICE AT MEET SITE

Schools are prohibited during the regular season and the WIAA tournament series from practicing for regional, sectional, and state tournament preparation at sites and facilities hosting WIAA tournaments.

10. CONTEST CONTROL

- a. All schools are responsible before, during and after a contest for the proper conduct of their coaches, athletes, students and other spectators and, when requested, a school must complete a report regarding the contest in which a problem occurred (WIAA Bylaws, Article X).
- b. It is the responsibility of schools to eliminate pranks and/or mischief such as throwing things onto the mat area, or any other activity involving destruction and/or theft of game equipment and materials (season and WIAA tournament series).

11. LICENSED OFFICIALS

One WIAA licensed official is required for all interscholastic competition.

12. MEDICAL COVERAGE

For all meets and practices, emergency procedures should be in place as per DPI and Wisconsin Statute 121.02 (1) (g) Emergency Nursing Service. These should include, but are not limited to, such things as:

- a. A physician available by phone or on location.
- b. Phone location and phone numbers available for contacting physician and/or ambulance service.

13. CONCUSSION AND/OR UNCONSCIOUS PARTICIPANT

No athlete shall return to play or practice on the same day of being diagnosed with a concussion. Any athlete suspected of having a concussion must be evaluated by an appropriate health-care professional that day. Any athlete with a concussion must be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition. Return to play must follow a step-wise protocol which includes provisions for delaying return to play based upon the return of any signs or symptoms. Any athlete deemed unconscious must have medical evaluation and clearance before being allowed to return to participation.

14. OXYGEN AND FLUIDS PROVIDED INTRAVENOUSLY

- a. Oxygen administered by mechanical means for recuperative purposes is not permitted.
- b. Fluids provided intravenously is an invasive procedure to be used only in emergency situations. An athlete may not return to competition the same day.

Note: See WIAA Medical Policies and Procedures for additional medical information.

15. RULES GOVERNING COMPETITION

Note: The official weights to be used are: 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220 and 285 lb.

The official rules for all interscholastic competition are contained in the (a) current edition of WRESTLING RULES AND CASEBOOK AND MANUAL and (b) related publications and interpretations of the National Federation with these additional provisions:

NATIONAL FEDERATION ALLOWED ADAPTATIONS

- a. Weigh-ins must be conducted as outlined in the rule book in terms of length and time prior to wrestling. They must be shoulder-to-shoulder and within the specified time period.
 - (1) Weigh-in must be conducted shoulder-to-shoulder, within the specified weigh-in period by a WIAA licensed wrestling referee. An authorized female, preferably an adult, shall weigh-in female wrestlers. Female wrestlers shall be weighed in first at all dual and/or tournament competitions.
 - (2) Coaches are required to provide the referee a written line up prior to weigh-ins. All actual weights are to be recorded by the referee on the line-up form provided. Once a wrestler is weighed in, his weight is recorded, and the official signs the weigh-in sheet, at that time the weight becomes official and cannot be changed whether the wrestler wrestles or not. Anyone for whom an actual weight is not recorded is not eligible to wrestle.
 - (3) Copies of the weigh-in form are to be distributed as per instructions on the form. All official weigh-in weights shall be entered into the Trackwrestling Weight Management Plan after each competition at any level.
 - (4) See 7% Rule for list of forms that must be available at weigh-ins (item (7) page 47).
- b. For interstate competition, the weigh-in rules of the host state are to be followed unless the rules of another state would cause a Wisconsin school to violate provisions of the 7% Rule and NFHS weigh-in provisions. In such cases Wisconsin schools must adhere to all NFHS and 7% rules.
- c. There is no penalty associated with lowering of shoulder straps.

NATIONAL FEDERATION 2020 COVID RELATED

- a. Return to Competition
 - (1) General Considerations:
 - (a) Have hand sanitizer and wipes available at the table.
 - (b) Wash stations or sanitizer at mat side.
 - (c) No one touches the score sheet except the scorer.
 - (d) If writing implements are used, they should be sanitized and not shared with anyone.
 - (e) Disinfect the mats prior to competition.
 - (f) Do not allow fans.
 - (g) Athletes and Coaches wears masks off the mat.
 - (h) Participate/host smaller events (more duals, less larger tournaments)
 - (i) Check the fans' temperature prior to admission.
 - (j) Minimize the number of spectators.
 - (2) Considerations for Coaches:
 - (a) Wear masks on and off mat.
 - (b) Eliminate handshakes post-match.
 - (3) Considerations for Wrestlers:
 - (a) Submit to COVID-19 testing as part of your pre-participation physical.

- (b) Take the temperature of the wrestlers before weigh-ins.
- (c) Showers after weigh-ins.
- (d) Shower after each round and put on a fresh uniform.
- (e) Stagger weight classes, so not everyone is in chairs mat-side.
- (f) Wear masks off the mat when not competing.
- (g) Eliminate handshakes pre- and post-match.
- (h) Eliminate handshakes with coaches' post-match.
- (4) Considerations for Referees:
 - (a) Bring personal hand sanitizer. Wash hands frequently
 - (b) Don't share equipment.
 - (c) Change whistle several times during the day.
 - (d) Follow social distancing guidelines. Consider six feet minimum distance when talking to others (players, coaches, other officials).
 - (e) Consider using electronic whistle.
 - (f) Do not shake hands and follow pre- and post-game ceremony guidelines established by state associations.
 - (g) Off mat officials may wear masks at all times.
 - (h) Wear masks on the mat.
 - (i) May wear disposable glove. If so, then they must change after each match.
- (5) Considerations for Parents

(A family's role in maintaining safety guidelines for themselves and others):

 - (a) Make sure your child and immediate household members are free from illness before participating in practice and competition (if there is doubt stay home),
 - (b) Provide personal items for your child and clearly label them.
 - (c) Disinfect your students' personal equipment after each game or practice.

STATE ASSOCIATION REGULATIONS

- a. NFHS 1-5-2 and 1-5-3 will be followed in regard to weight loss rules.
- b. With regard to the practice of dehydration:
 - (1) The use of laxatives, emetics, excessive food and fluid restriction, self-induced vomiting, hot rooms (exceeding 75 degrees), hot boxes, saunas and steam rooms is prohibited.
 - (2) The use of diuretics at any time is prohibited.
 - (3) Regardless of purpose, the use of vapor-impermeable suits (e.g., rubber or rubberized nylon) is prohibited.
Violators shall be disqualified from the competition for which the weigh-in is intended. A second violation will result in suspension for the remainder of the season.
- c. WIAA will follow NFHS Rule 4-5-5 regarding consecutive days of competition.

Note: The WIAA three day tournament will not include any additional growth allowance beyond the traditional 1 lb. per day unless the tournament is delayed or postponed due to weather.
- d. All weights recorded by the official on official weigh-in sheet remain official and cannot be changed, or deleted, whether the wrestler competes in that event or not. **Coaches are required to enter all official weigh-in weights into the Trackwrestling Weight Management Plan after each competition at any level. All data entry must be completed prior to creating the next official weigh-in form.** Remember athletes may only be listed on two open weigh-ins at one time.
- e. It shall be considered unsportsmanlike to attempt to conceal a contagious skin condition. Any wrestler involved in such attempts shall not be allowed to wrestle that day. In addition, it could result in loss of eligibility of the wrestler and/or disciplinary action being taken against the coach.
- f. The on-mat official for varsity competition shall make the final determination relative to skin condition concerns for varsity matches.
The on-mat official for sub-varsity competition shall make the final determination relative to skin condition concerns for sub-varsity matches.
- g. Covering a communicable skin condition is not acceptable and does not make the wrestler eligible to participate. An on-site meet physician may override the diagnosis of the physician signing the physician's release form for a wrestler to participate with a particular skin condition. NF 4-3-3 and 4-3-4.
- h. Seeding meetings shall not begin until weigh-ins are completed.
- i. The following modifications to injury time-outs will be used in all competition regarding injuries to the head and neck involving cervical column and/or nervous system:
 - (1) In the absence of certified medical personnel, (physician and/or certified athletic trainer) all injuries to the head and neck involving the cervical column and/or nervous system will be covered by the same time frame as other injuries.
 - (2) When certified medical personnel are present, they have jurisdiction to extend the allowed time limit to a maximum of five minutes for evaluation of the injuries to the head and neck involving cervical column and/or nervous systems only, at which time the athlete would be required to prepare without delay for continuation or default the match.
 - (3) A second occurrence of injury to the head and neck involving cervical column and/or central nervous system in the same match shall require the wrestler to default the match.
Note: When this provision is used, time consumed for the injury will in no way affect time used, or available, for other types of injuries.
- j. **JUNIOR VARSITY TEAMS**
 - (1) JV teams scheduled to wrestle a dual meet may bring in an additional junior varsity team(s) when either of the two original teams has less than ten team members.
 - (2) With approval of both schools at JV dual meets the number of NFHS weight classes may be reduced.

k. For any matches at any level scheduled for 4 minutes or less, a thirty (30) minute rest period is required.

l. Uniforms

- (1) Members of teams below the varsity level will not be penalized for failing to wear uniforms prescribed in the rules provided: a) a reasonable attempt is made to conform to the regulations and b) participant safety is not jeopardized. The WIAA office should be informed about questionable situations.

Note: Female wrestlers shall wear a female cut singlet or a legal, male singlet with a tight fitting short sleeved t-shirt in accordance with NFHS rules.

- (2) Schools are required to follow the clean uniform rule. Along with school names and/or mascots, all uniforms may be allowed to include the first and/or last name(s) of the athlete one time on the uniform. Names must be displayed in a sportsmanlike manner and location. In addition, no sayings, clichés, advertisements, etc., of any kind will be allowed on the uniform. Manufacturer's logos and commemorative patches will be allowed as described by Rule 4-1-2 in the NFHS Wrestling Rule Book. All Commemorative patches must be approved by the WIAA and meet appropriate size restrictions.

m. **ESTABLISHING MINIMUM WEIGHTS**

Schools are required to follow the provisions of the weight certification program established by the Association for all wrestlers in Grades 9-12. The establishment of a minimum wrestling weight based on 7% body fat for males and 12% for females will be mandatory for all senior high school wrestlers. The WIAA does not advocate that a wrestler's established minimum weight is the athlete's best weight, but simply the minimum weight at which the athlete will be allowed to compete.

(1) Establishing Minimum Weights

(a) Skinfold measurements will be utilized to determine each wrestler's body fat percentage.

- 1) Each wrestler must pass a test to substantiate that they are at an acceptable level of hydration before they can have skinfold measurements taken. Details regarding the specific test to be used, the testing protocol, etc. will be provided to each wrestling school prior to the earliest date for measurements. Once a wrestler has reported for hydration testing they may not be withdrawn.

Note: Use of IV to hydrate for skinfolds is not allowed.

- 2) Only measurements taken by health care professionals who have successfully completed the WIAA Skinfold Measurement Workshop will be accepted. Schools will receive a list of approved measurers. It is the responsibility of the school to contact a skinfold measurer from this list, and arrange a time to have the wrestling squad measured.
- 3) Measurements may not be taken after practice, or a workout. **If the measurer has reason to believe any of the wrestlers are in a dehydrated state, they shall refuse to measure such wrestler(s).**
- 4) No senior high wrestler may compete or participate in pre-meet activities until the athlete has had a minimum weight determined, **and the school has received a printout from the WIAA on-line program so indicating.**

(b) The lowest weight class a wrestler may compete at will be determined as follows:

- 1) If the predicted weight, at 7% body fat, is exactly that of one of the weight classes that shall be the wrestler's minimum weight class.
- 2) If the predicted weight, at 7% body fat, falls between two weight classes, they must wrestle at the higher weight class.
- 3) With documented (see Note below) parental permission, the wrestler may wrestle at the weight class in which their 7% predicted weight, less 2% of that weight, places them. **The deadline for parental permission is February 1.**

Note: The official parental permission form provided by the WIAA office must be used. The school must have the completed form on file before the wrestler is allowed to compete at that weight.

(c) **WIAA On-Line Minimum Weight Program Overview**

The online minimum weight program allows coaches to get instant results regarding minimum weight as soon as the data is entered and submitted to the WIAA. Each school team has a designated team representative that will receive a username and password. That person is responsible for entering all the data associated with their team. During the measurement process, the measurer will record all the data on a duplicate form. One copy of that form will be given to the team representative and another copy will be taken by the measurer. The team representative can then enter the data and receive the results immediately. The team can use that data to determine an athlete's minimum weight class and date eligible at that weight (based on 1.5% weight loss per week), but the data will still need to be verified by the measurer. Therefore when the data is submitted, the measurer will receive an email alerting them that the data is ready for review. The measurer will have 3 business days to review the data and either approve it or report the discrepancies they found to the WIAA. Wrestlers may compete as soon as the school has entered their measurement data and received the necessary minimum weight printout in return. However, if a discrepancy in data entry is found and an athlete wrestled at a weight class in which they were not eligible, they will be required to forfeit. Once they have completed this process, the measurer will sign their paper copy and mail it to the WIAA office.

(2) **Time Period for Measurements**

(a) Skinfold measuring may begin on the third Monday of October (October 19 for the 2020-21 season). Wrestlers may be measured on or following that date. **All wrestlers, including those coming out late, must have their minimum weight established and have received their minimum weight printout from the WIAA on-line program prior to any competition.**

(b) **The absolute deadline for submitting minimum weight skinfold measurement data on-line will be noon of the Tuesday prior to regional competition.**

(c) **Any time a contestant establishes a minimum weight (by any means) after December 25, the wrestler must make scratch weight at their minimum weight one time to qualify for the growth allowance at that weight.**

(3) **Appeal Process**

(a) Any wrestler may appeal their skinfold measurements or calculations. The steps of the appeal process are as follows: Step 1 must be completed within 14 days of the original measurement. Step 1 may be by-passed and only Step 2 performed (underwater weighing/DXA). The only prerequisite for using underwater weighing/DXA to appeal an original minimum weight measurement is that the underwater re-weigh/DXA **must be done before the wrestler's first competition.** Once a wrestler competes they are no longer able to access hydrostatic weighing/DXA as part of the appeal process.

Step 1: If dissatisfied with the results, the wrestler is remeasured by the same skinfold measurer. Measurements must be within 14

days of the original date of measurement. The wrestler chooses which measurement to accept (the original or the second measurement).

Note 1: The wrestler's original weight used for the initial skinfold test will be used for calculations. For Step 1 Appeal, the wrestler must be re-weighed at time of appeal for verification of the 1.5% rule and weight recorded on the measurement log form. (The hydration test is not repeated.) If the wrestler exceeds 1.5% per week weight gain or loss from date of original measurement, the appeal will be rendered invalid. **The original measurement date shall not be used for calculating weight loss.**

Note 2: Upon appeal, if an athlete's weight is higher than their original weight, their weight at the date of the appeal will be used to recalculate the date eligible for competition, based on 1.5% per week/weight loss from the date of appeal.

Step 2: If dissatisfied with the results the wrestler may choose to be hydrostatically weighed/DXA scanned to determine body fat percentage. Results obtained at this step are automatically accepted; the athlete has no choice.

*Wrestlers wishing to use this appeal must have their coach contact the re-weigh facility. Details are available on the WIAA website.

*Hydrostatic weighing/DXA facilities must be approved by the WIAA.

*Only the form made available by the WIAA office may be used for this step. Forms have been provided to all approved facilities.

***Step 2 (hydrostatic weighing/DXA used to appeal the wrestler's original minimum weight determination) must be performed prior to the wrestler's first competition.**

(4) Underwater Weighing/DXA

In addition to skinfold measurements a wrestler may be underwater weighed. Coaches must understand that there are two distinct time periods and sets of requirements for wrestlers seeking to be underwater weighed.

(a) Underwater Re-weigh/DXA via Appeal Process (detailed in Step 2 above):

If being underwater weighed/DXA scanned as provided in the minimum weight appeal process, to appeal the original skin fold measurement, the only prerequisite is that the underwater re-weigh/DXA must be done before the wrestler's first competition. Once a wrestler competes, they are no longer able to access underwater weighing/DXA as part of the **appeal process**. (See Appeal Process p. 43 #3).

(b) Underwater Re-weigh/DXA via Special Re-Weigh Provision:

Only wrestlers, who with parental permission are within two (2) pounds of a lower weight class as determined by their original skinfold measurement and minimum weight projection printout may be **hydrostatically re-weighed/DXA scanned** at any time during the season, up to 15 days prior to regionals (January 15, 2021), whether the athlete has competed or not.

Note 1: Hydrostatic weighing/DXA done at any time, whether as part of the existing appeal process or in accordance with this provision (2 b), shall be considered final and binding, with no further testing options available.

Note 2: This provision does not alter or restrict any other requirements pertaining to establishing a wrestlers minimum weight prior to competing or to the existing appeal process.

Note 3: If the wrestler exceeds 1.5% per week weight loss from the date of their most recent weigh-in the appeal will be rendered invalid. The wrestler must be at or above their weight loss plan weight in order to reweigh via DXA/hydrostatic.

(5) School Administration's Responsibilities for the Measurement Process

(a) It is the school's responsibility to contact an approved measurer from the list provided by the WIAA.

(b) School Administration or their designee must take reasonable precautions to insure the accuracy and validity of their hydration testing procedure. Schools will be sent a list of suggestions to help them collect secure samples from each wrestler.

(c) The school must have available at the time of the skinfold measuring:

1) Material for testing each wrestlers state of hydration (A list of these materials will be mailed to each wrestling school along with information regarding the testing protocol).

2) A certified scale (certified after the start of school in the fall and no later than the school's first day of skinfold measurements, which may be October 19 or thereafter). Beam Scales must be certified annually. Electronic scales must be certified every three years. Note: Electronic scales must read to at least .2 lb. increments.

3) Skinfold data forms.

4) A school official (e.g., AD, coach, teacher) who will:

- a) Assist with obtaining the weight of each wrestler.
- b) Assist with the recording of all data.

5) An individual to administer the test to determine state of hydration of each wrestler. (e.g., school nurse, biology teacher)

(d) The school's coach, AD or their designee must enter data online.

(e) It is the skinfold measurer's responsibility to verify the on-line data within 3 days and then send the data sheets to the WIAA.

(f) **A wrestler is not eligible to wrestle until their school has received from the WIAA on-line processing program a printout with their name and minimum weight class indicated.**

(6) Growth Allowance

Growth allowance will be two pounds on December 25, and one additional pound on both the date of the regional tournament and March 1.

Note: A wrestler IS NOT eligible for a weight class because of growth allowance and/or allowances for successive days wrestling, which bring a weight class up to their 7% minimum weight.

Note: Any time a contestant obtains a new minimum weight calculation (via special re-weigh or appeal) after December 25, the wrestler must make scratch weight at their minimum weight one time to qualify for the growth allowance at that weight.

(7) **Weight Loss Per Week**

- (a) A weight loss limit of 1.5% per week has been set. The projected earliest date to wrestle at the predicted minimum will be broken down into days. This date will appear on the printout received from the WIAA minimum weight program.
- (b) A wrestler will not be allowed to wrestle at any time in a lower weight class that would require them to lose more than 1.5% per week from the original date of measurement and/or from one weigh-in (for competition) to another. Coaches must be able to provide documentation of appropriate weight loss any time a wrestler drops to a lower weight class (documentation from all weigh-ins).

Note: No day may be counted twice. The original measurement date shall not be used for calculating weight loss. Follow the weight loss plan to determine a wrestler's weight class eligibility when utilizing the consecutive days allowance.

- (c) The deadline for challenges regarding weight loss violations/procedures shall be two working days following the completion of all State Championships.
- (8) During the regular season (non-WIAA tournament events), **coaches are to have 7% printouts and all previous weigh-in sheets** of wrestlers competing that day available for all coaches at weigh-ins. If a coach cannot, or does not produce them within two working days from the date of the meet, it shall be reported to the WIAA office by the opposing coach. A forfeiture shall be ordered for every wrestler for whom there is no printout and/or weigh-in sheet from previous meets. (See (5) (c) above.) **Official weigh-ins must be recorded in trackwrestling. This will also update the wrestler's weight loss plan.**
- (9) Nutrition Education Program
While not mandatory, it is highly recommended that each school provide the nutrition education aspect of the program to wrestlers. Contact the WIAA for information/resources.
- (10) Costs
All costs incurred for the initial skinfold measurement, hydration testing, appeal process, and nutrition education program are the responsibility of the school.
- n. Coaches must report to their school administration within 48 hours following a contest any player or coach ejection. School administrators must then report the ejection to the WIAA via written communication within three (3) school days following the contest. This written communication must also include a plan of action to prevent future ejections. Officials will continue to provide electronic reports to the WIAA.

16. NON-VARSITY TEAMS WITH ONLY GRADE 9 STUDENTS

The above rules apply with these additional provisions:

- a. The season ends on Saturday of Week 30 (January 30).
- b. The maximum number of meets is 12, including practice/scrimmage with another school, and no more than four of the 12 may be multiple-school meets.
- c. The determination of weight classes for competition is left to the discretion of schools, and it is strongly recommended there be as many matches as available participants.
- d. The maximum weight differential, regardless of weight classes used, will be (1) 10 pounds for all weight classes through 145 pounds, (2) 12 pounds for all weight classes over 145 pounds and through 190 pounds and (3) 30 pounds for any wrestlers weighing more than 190 pounds. If the weight differential prevents a match over 190 pounds, there are no forfeit points involved. The maximum competitive weight is 285 lbs.
- e. First period is one-minute long and second and third periods two-minutes long each. The second and third periods may be shortened in (1) dual competition by mutual agreement and (2) multiple-school meets by majority sentiment.
- f. Conferences may adopt a twice-a-season weigh-in procedure in place of shoulder-to-shoulder weigh-ins prior to a match. This procedure does not apply to nonconference meets.

17. GRADE 9 STUDENTS PARTICIPATING ON GRADE 8 TEAMS

- a. Rules governing junior high/middle level competition are contained in the Junior High/Middle Level Handbook.
- b. A school may not allow its students in Grades 9, 10, 11 and/or 12 to compete against another member school's students in Grade 8 and/or below.
Note: In emergency situations a waiver may be requested allowing 9th grade student(s) at member middle schools to compete at the 8th grade level at member middle schools.
- c. Rules governing Grade 9 season length apply for teams approved for combined Grade 8-9 teams.
- d. The maximum competitive weight is 285 lbs.